



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 20009, Buckwheat groats, roasted, dry**

**Report Date: June 27, 2017 02:57 EDT**

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

**Common Name: kasha**

**Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.37 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1	Data points	Std. Error	<b>1 cup 164g</b>
		Value Per100 g			
<b>Proximates</b>					
Water	g	8.41	5	0.569	13.79
Energy	kcal	346	--	--	567
Energy	kJ	1448	--	--	2375
Protein	g	11.73	5	1.464	19.24
Total lipid (fat)	g	2.71	5	0.555	4.44
Ash	g	2.20	5	0.460	3.61
Carbohydrate, by difference	g	74.95	--	--	122.92
Fiber, total dietary	g	10.3	--	--	16.9
<b>Minerals</b>					
Calcium, Ca	mg	17	5	1.271	28
Iron, Fe	mg	2.47	4	0.605	4.05
Magnesium, Mg	mg	221	4	39.768	362
Phosphorus, P	mg	319	4	114.955	523
Potassium, K	mg	320	5	103.806	525
Sodium, Na	mg	11	2	--	18
Zinc, Zn	mg	2.42	5	0.326	3.97
Copper, Cu	mg	0.624	5	0.074	1.023
Manganese, Mn	mg	1.618	2	--	2.654
Selenium, Se	µg	8.4	1	--	13.8
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0

Nutrient	Unit	1			1 cup 164g
		Value Per 100 g	Data points	Std. Error	
Thiamin	mg	0.224	5	0.110	0.367
Riboflavin	mg	0.271	5	0.076	0.444
Niacin	mg	5.135	4	0.911	8.421
Pantothenic acid	mg	1.233	5	0.145	2.022
Vitamin B-6	mg	0.353	4	0.105	0.579
Folate, total	µg	42	3	4.005	69
Folic acid	µg	0	--	--	0
Folate, food	µg	42	3	4.005	69
Folate, DFE	µg	42	--	--	69
Choline, total <sup>1</sup>	mg	54.2	--	--	88.9
Betaine <sup>1</sup>	mg	2.6	1	--	4.3
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.591	--	--	0.969
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.028	--	--	0.046
10:0	g	0.014	--	--	0.023
12:0	g	0.008	--	--	0.013
14:0	g	0.020	--	--	0.033
16:0	g	0.359	--	--	0.589
18:0	g	0.038	--	--	0.062
Fatty acids, total monounsaturated	g	0.828	--	--	1.358
16:1 undifferentiated	g	0.018	--	--	0.030
18:1 undifferentiated	g	0.788	--	--	1.292
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.009	--	--	0.015
Fatty acids, total polyunsaturated	g	0.828	--	--	1.358

Nutrient	Unit	1			1 cup 164g
		Value Per 100	Data points	Std. Error	
18:2 undifferentiated	g	0.766	--	--	1.256
18:3 undifferentiated	g	0.062	--	--	0.102
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.170	--	--	0.279
Threonine	g	0.448	--	--	0.735
Isoleucine	g	0.441	--	--	0.723
Leucine	g	0.736	--	--	1.207
Lysine	g	0.595	--	--	0.976
Methionine	g	0.153	--	--	0.251
Cystine	g	0.202	--	--	0.331
Phenylalanine	g	0.461	--	--	0.756
Tyrosine	g	0.213	--	--	0.349
Valine	g	0.600	--	--	0.984
Arginine	g	0.869	--	--	1.425
Histidine	g	0.273	--	--	0.448
Alanine	g	0.662	--	--	1.086
Aspartic acid	g	1.003	--	--	1.645
Glutamic acid	g	1.811	--	--	2.970
Glycine	g	0.912	--	--	1.496
Proline	g	0.449	--	--	0.736
Serine	g	0.606	--	--	0.994
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
<b>Flavonoids</b>					
Flavones					
Apigenin <sup>2</sup>	mg	0.3	5	0.09	0.5
Flavonols					

Nutrient	Unit	Value Per100	Data points	Std. Error	1 cup 164g
Quercetin <sup>2 3 4</sup>	mg	7.1	14	0.81	11.6

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup VPI, NFNAP, 2006 Beltsville MD

<sup>2</sup>Dietrych-Szostak, D., and Oleszek, W. Effect of processing on the flavonoid content in buckwheat (*Fagopyrum esculentum* Mönch) grain., 1999 J. Agric. Food Chem. 47 pp.4384-4387

<sup>3</sup>Kreft, I., Fabjan,N., and Yasumoto, K. Rutin content in buckwheat (*Fagopyrum esculentum* Moench) food materials and products, 2006 Food Chemistry 98 pp.508-512

<sup>4</sup>Steadman, K. J., Burgoon, M.S., Lewis, B.A., Edwardson, S., and Obendorf, R.L. Minerals, phytic acid, tannin and rutin in buckwheat seed milling fractions., 2001 J. Sci. Food Agric. 81 pp.1094-1100